

Stop by the  
SHAPE pharmacy  
Mon or Wed  
between 3-4pm.  
Other times by  
arrangement.

# Tobacco Cessation Program



SHAPE Healthcare Facility

**Is the nicotine patch or Zyban right for you?**

**See your doctor**

**(call central scheduling 065-44-5886  
to make an appointment )**

Program consists of orientation and 7 brief sessions (topics include: why you use tobacco, coping with cravings, reducing stress, weight gain). Educational materials provided along with your prescription.

For more information, call the SHAPE pharmacy at 065-44-5808 or DSN 423-5808.

Did you know  
that most  
smokers quit  
several times  
before they quit  
for good?